

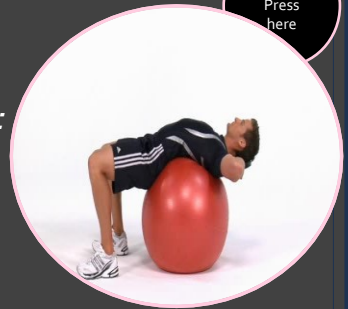
FLEXXIN  
FITNESS

# CORE workouts

A strong core prevents lower-back pain. Improving mobility and strength in the hips, thighs, glutes and back. Not only prevents back pain, it can also relieve the aches.

## Core1

Equipment needed:  
stability ball

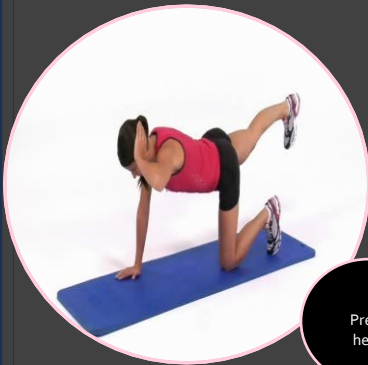
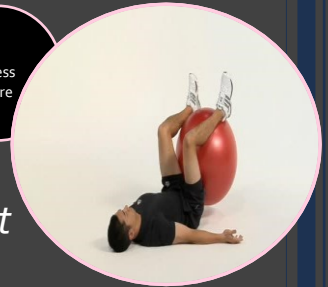


## Core2

Equipment needed:  
stability ball, yoga mat,  
medicine ball, gym cable rack

## Core3

Equipment needed:  
stability ball, yoga mat



## Core4

Equipment needed:  
yoga mat, medicine ball

## Core5

Equipment needed:  
Foam roll, yoga mat, chair



Any questions call/text 954-860-7353 **FleXXin Fitness**